

# PRIME TIME NEWS

## MOUNTAIN VIEW SENIOR CENTER

April  
2011



### WHAT'S INSIDE

Workshops	Page 1
Movie Matinee	Page 2
Our Center	Page 3
Keeping Current	Page 4-5
Center Services	Page 6
Travel	Page 7
Lunch Menu and Activities	Page 8-9
Class Calendar	Page 10

### SENIOR CENTER HOURS

**Monday - Wednesday**  
8:30 a.m. - 9:00 p.m.

**Thursday - Friday**  
8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

DIANE ATIENZA  
Recreation Coordinator

MEGAN GARVERICK  
Recreation Coordinator

SARAH FOSTER  
NANCY HUGYIK  
JUSTINA LINAN  
Recreation Specialists

ELIZABETH MUSSO  
Lunch Program  
650-964-6586

EVENING BUILDING  
ATTENDANTS  
Morgan Byler  
Anthony Cukar  
Jose DeAnda  
Rich Stephens  
Adam Turrey

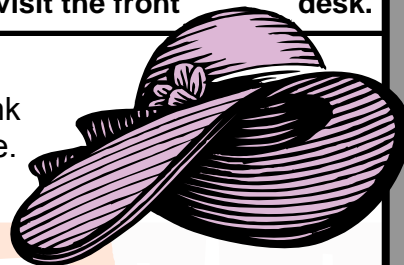
**WORKSHOPS:** Please note that space is limited for all workshops and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

### **THE RED HAT SOCIETY**

We're the women in the red and pink hats. We're the ones celebrating life. We gather in local chapters just to have fun. We laugh, chat, eat two chocolate desserts, play dress-up, take pictures, smile at people, and forget about what others are thinking. Most of all, we enjoy ourselves. Sound interesting? Learn about your local Red Hat Society Chapter by signing up for our "Getting to Know Each Other" meeting.

**Date: Tuesday, April 12**

**Time: 12:45 P.M.**



### **AFTERLIFE PLANNING**

Planning ahead gives you the power to determine how your final arrangements are carried out. You may have some questions about afterlife planning, so please join Cecilia Jaimes from Cusimano Family Colonial Mortuary as she outlines what everyone should know about afterlife planning.

**Date: Thursday, April 14**

**Time: 1:00 P.M.**

### **MASTERING THE MOUSE**

If you want to learn to use the computer or have some of the basics down, most likely one of your frustrations is that the mouse does not do what you want. The right touch is crucial for mouse control, so sign up today.

**Date: Wednesday, April 20**

**Time: 2:30 P.M.**

**Location: Technology Room**



### **SENIOR STRESS**

Do you feel concerned, nervous, or stressed about your responsibilities, changes in your life, or economic and political affairs? Let us get a better understanding of the stress we deal with in our lives and how we can manage it more effectively! Join Dr. Singer from the Permanente Medical Group, Inc. Sign up today!

**Date: Thursday, April 21**

**Time: 1:00 P.M.**

WORKSHOPS

City of Mountain View, CSD, Recreation Division  
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, [www.mountainview.gov](http://www.mountainview.gov)

# MOVIE MATINEE AND NOW WEDNESDAY EVENINGS TOO!



Come to one of our ~~double~~ TRIPLE showings!

**Matinee showtimes:** Tuesdays and Fridays at 1:00 p.m.

**Evening showtime:** Wednesdays at 5:30 p.m.

**Location:** Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.

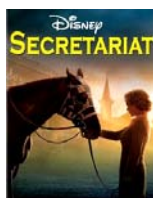


## **FROM PARIS WITH LOVE: March 29, March 30, and April 1**

RATED: R

LENGTH: 93 Minutes

**DESCRIPTION:** While working at the American embassy in Paris, low-level intelligence agent James Reece (Jonathan Rhys Meyers) gets involved in espionage when he is pulled into a terrorist plot by high-ranking but uncouth American operative Charlie Wax (John Travolta), who is trying to stop it. Pierre Morel directs this fast-paced international thriller with a script by Luc Besson (The Professional, The Fifth Element) and Adi Hasak.



## **SECRETARIAT: April 5, April 6, and April 8**

RATED: PG

LENGTH: 123 Minutes

**DESCRIPTION:** When Penny Chenery (Diane Lane) agrees to take over her ailing father's thoroughbred stable, she transforms from housewife to horse breeder, and owner of the colt that will take the 1973 Triple Crown, in this dramatic biopic. The film explores Chenery's bond with "Big Red" and depicts her rise to greatness as the "first lady of racing." John Malkovich and Fred Dalton Thompson co-star.



## **THE KIDS ARE ALL RIGHT: April 12, April 13, and April 15**

RATED: R

LENGTH: 107 Minutes

**DESCRIPTION:** Joni (Mia Wasikowska) and Laser (Josh Hutcherson), the children of same-sex parents Nic (Annette Bening) and Jules (Julianne Moore), become curious about the identity of their sperm-donor dad (Mark Ruffalo) and set out to make him part of their family unit, often with hilarious results. But his arrival complicates the household dynamics, and nobody is sure how he fits in, if at all, in this Oscar-nominated, Golden Globe-winning comedy.



## **THE GHOST WRITER: April 19, April 20, and April 22**

RATED: PG-13

LENGTH: 128 Minutes

**DESCRIPTION:** A writer (Ewan McGregor) stumbles upon a long-hidden secret when he agrees to help former British Prime Minister Adam Lang (Pierce Brosnan) complete his memoirs on a remote island after the politician's assistant drowns in a mysterious accident. In director Roman Polanski's tense drama, the author realizes that his discovery threatens some very powerful people who will do anything to ensure that certain episodes from Lang's past remain buried.



## **INCEPTION: April 26, April 27, and April 29**

RATED: PG-13

LENGTH: 148 Minutes

**DESCRIPTION:** Oscar-nominated for Best Picture, this unnerving sci-fi thriller stars Leonardo DiCaprio as Dom Cobb, who infiltrates the dreams of corporate titans to steal their closely held secrets. Tapped by a rich industrialist (Ken Watanabe) for a job involving a rival's heir, Cobb marshals a team of specialists that includes his right-hand man (Joseph Gordon-Levitt), an architecture student (Ellen Page) and a chemist (Dileep Rao).

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

## NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, April 18, at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

**BIG BINGO** - Feeling lucky? Join us for Big Bingo on **Monday, April 4, at 1:00 p.m.** in the Social Hall.



## COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help: Mondays with Judy and Tuesdays with Pennie from 1:00 p.m. to 3:00 p.m. and Thursdays with Pat from 1:30 p.m. to 3:30 p.m. Come to the lab and ask questions, it is that easy! We are also looking for computer savvy volunteers to help out during the week. Contact the front desk for more info.

## DONATIONS, DONATIONS, DONATIONS



The Senior Center accepts a variety of donations, including:

- Old eyeglasses • Magazines • DVDs •
- Paperback books •

**FREE TABLE**—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only please!

## DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!

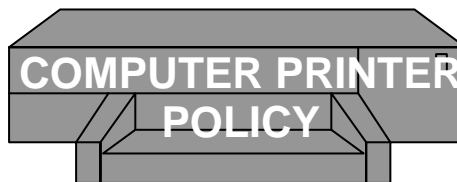


## BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!



**SENIOR CENTER BOOK CLUB** - Anyone can join the Senior Center Book Club! Meetings are held the second Tuesday of each month (**4/12/11**) in the Conference Room from 10:30 – 11:30 a.m. The next book for review is **“Cutting for Stone”** by **Abraham Verghese**. May's book will be **“The Gift of an Ordinary Day”** by Katrina Kenison.



All printouts from the Technology Room are **5 cents** per page. Printouts can be picked up at the front desk and payment is required at that time. You must pay for all pages that print. There is **NO** photocopying service available at the Senior Center.

## EXERCISE ROOM CARD



Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons. We appreciate your cooperation.

**WHEN NOT TO COME TO THE EXERCISE ROOM?** Staff asks that you allow new participants to use the room during orientation. You may be asked to leave the Exercise Room during the following times:  
TUESDAYS: 7:00 p.m.–7:30 p.m.  
WEDNESDAYS: 2:30 p.m.–3:00 p.m.



## FREE HEARING TESTING BY SAN JOSE STATE UNIVERSITY

On Wednesday, April 13, 2011, students from San Jose State University will be offering free hearing tests accompanied by counseling on the status of your hearing, communication strategies for how to communicate when you have trouble hearing, and tips on how to communicate with people who have difficulty hearing. Register now for this free screening event at the front desk.

## ART CONTEST

Get ready to unleash your inner creative spirit: the Senior Center Art Contest is coming! Artworks by seniors will be exhibited in the display case this summer, so no matter what your medium, start gathering your masterpieces to show off. Check out upcoming Prime Time News editions for more information.

## SAVE THE DATE!

The fourth annual Senior Resource Fair is scheduled for **Thursday, June 9, 2011!**

Be sure to mark your calendars, and join us for refreshments and tons of useful info!

## ATTENTION TABLE TENNIS PLAYERS

The three table tennis tables at the Senior Center are for everyone! The new clocks in the Game Room are specially marked for recording half hour play. If you are a "drop in" player and would like to play table tennis when tables are occupied, stop by the front desk for a color-coded "next player" card. Note that this card system is not a system for reserving tables: it is only for the immediate next player. This is a trial system, and we ask for everyone's help to keep the Game Room fair and welcoming to **ALL** skill levels. Please ask for Megan at the front desk for more information.



## LEARN A NEW CRAFT IN WOODCARVING!

Join a friendly, informal class for both beginning and experienced woodcarvers. Become more knowledgeable about the types of wood, finishes, and skills applicable to this craft. Classes meet Mondays 1:00—4:00 p.m. in the Arts and Crafts Room. This is a free drop-in class for seniors.



## INCOME TAX ASSISTANCE APPOINTMENTS

Tax assistance will be provided by AARP volunteers. Tax appointments are available each Tuesday and Wednesday, 9:00 a.m.—12:00 p.m. beginning Tuesday, February 1, 2011. Call 650-903-6330 or stop by the front desk to sign up for an appointment.

What to bring to your appointment:

- Copy of last year's state & federal income tax returns
- W2 form (from employer)
- 1099-INT (regarding interest income)
- 1099-DIV (regarding dividends income)
- 1099-R (retirement and IRA income)
- SSA-1099 from social security
- 1099-B (for sale of stock) **plus original cost and date of purchase information**
- Any other 1099 Forms received
- If deductions are claimed, bring information to support
- Name and address of landlord to receive state renter's credit
- Property tax bill paid 2010

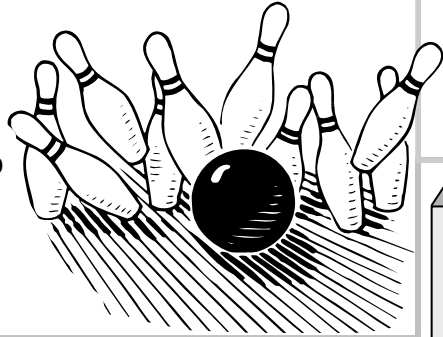
## VOLUNTEER CORNER

February 2011

Brown Bag	192
Lunch Program	254.5
Receptionists	166.75
Social Services	45
Teaching	199.75
Tax Assistance	413
<b>Total</b>	<b>1271 hours!!</b>

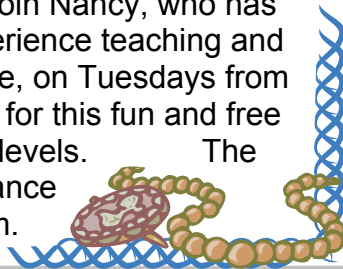
## Wii BOWLING IS BACK!

Attention Senior Bowlers: beginning Tuesday, April 26th, we are turning the Social Hall into a virtual bowling alley! Join us on Tuesdays from 3:30 p.m. - 4:30 p.m. to bowl the afternoon virtually away on the big screen using the Wii Video Game console. Wii bowling provides light exercise, without having to use a heavy bowling ball. Everyone is welcome! A two-hour how-to workshop will be held on Tuesday, April 19th from 2:30 p.m. - 4:30 p.m. to introduce bowlers to the rules and techniques of the game.



## BELLY DANCING WITH NANCY!

Learn the art of belly dance, and transform your body and mind while exploring your inner feminine mystique. Join Nancy, who has over 25 years of experience teaching and performing belly dance, on Tuesdays from 7:15 p.m.—8:30 p.m. for this fun and free class designed for all levels. The class occurs in the Dance and Movement Room.



## SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2010) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be: April 20, May 18, and June 15, 2011.



## COME OUT FOR AN AFTERNOON OF MUSIC!

Enjoy the classic sounds of the South Bay Community Orchestra at this free performance!

Thursday, May 5, 2011

3:00 p.m. - 4:00 p.m.

Social Hall



## BROWN BAG RENEWAL

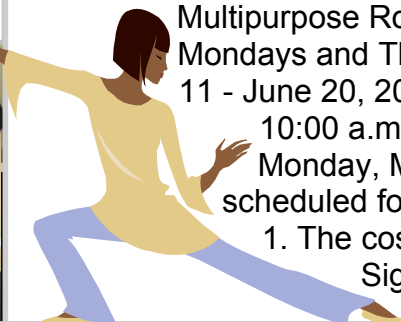
The Mountain View Senior Center is hosting Second Harvest Food Bank's Annual Brown Bag Renewal on Tuesday, May 10, 2011 from 9:00 a.m. to 11:30 a.m. in the Game Room. **The Game Room will be closed the evening of Monday, May 9th and will reopen Wednesday, May 11th.** All participants must renew for 2011.

For more information or eligibility requirements, call Second Harvest Food Bank at (408) 266 - 8866.

## ADAPTIVE HATHA YOGA WITH MARY ANN ALEXANDER

Mary Ann is back for another session of yoga this spring! This class is designed for those with physical concerns and offers instruction in basic yogic postures, breathing techniques, deep relaxation, meditation, and more! Focus will be on modification of postures to fit individual needs while enhancing strength, flexibility, coordination, and a calm mind. Classes are held in

Multipurpose Room A on Mondays and Thursdays, April 11 - June 20, 2011, 8:45 a.m. - 10:00 a.m. (No class Monday, May 30, makeup scheduled for Tuesday, June 1. The cost is \$120/\$60. Sign up in class.



## HEALTH SERVICES

**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wednesday** of each month (**4/27/11**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

**BLOOD PRESSURE CHECK** - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.**

**EYEGLOSS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**4/12/11 and 4/26/11**).

**HEARING SCREENING** - Visit Dr. Tang the **second Monday** of each month (**4/11/11 from 2:00 - 4:00 p.m.**).

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**4/12/11 and 4/26/11**).

**NOTARY SERVICE** - Notary service offered the **first Thursday** (**4/7/11**) of each month. Appointments available from 8:30-10:30 a.m.

**PODIATRY SCREENING** - Free evaluations on **third Wednesday** (**4/20/10**) of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

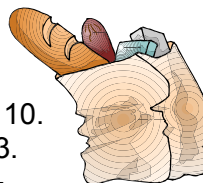
## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA)** - The **1st and 3rd Thursday** (**4/7/11, 4/21/11**). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

## FOOD SERVICES

**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. Renewal for 2011 will take place May 10. For more information, please call 1-800-984-3663.

**NUTRITION PROGRAM** - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



## MTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

MTA will be at the Senior Center on **Thursday, April 7 at 10:00 a.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 16th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please.

## CSA INFORMATION + REFERRAL

On the **third Tuesday of each month** (**4/19/11**) at **11:00 a.m.**, agents from the Community Services Agency will be in the hallway in front of the Social Hall to answer your questions. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.



## AARP DRIVER SAFETY

**REFRESHER COURSE** - **Tuesday, April 5, 2011 from 5:30 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

**REGULAR CLASS** - The Safety Program class offered by AARP at the Senior Center is scheduled for **June 21 and 28, 2011 from 6:00 p.m. to 10:00 p.m.** The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier directly.

To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. **Cash cannot be accepted.**

**ONLINE** - Driver Safety program now available. Visit [www.aarp.org](http://www.aarp.org) for information & to sign up.

**NOTE:** AARP may cancel course if fewer than 10 students enroll.



# Mountain View Seasoned Travelers



For travel information, registration and payment:

Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and  
Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.

## HERITAGE OF AMERICA

April 29 - May 8, 2011

*Explore America's heritage, history, and scenic horizons on this in-depth tour of the eastern United States.*



**FEATURING:** New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon, Washington, D.C., Smithsonian Institution

**COST:** \$2,599.00\*

## CACHE CREEK CASINO, Brooks

**WHEN:** Tuesday, April 5, 2011

**COST:** \$33.00 per person

**INCLUDES:** Casino bonus (\$10 Free Play or Match Play & \$5 Food), round trip transportation via luxury motor coach and driver's gratuity.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 5:30 p.m.

## BLACK OAK CASINO, Brooks

**WHEN:** Wednesday, May 11, 2011

**COST:** \$22.00 per person

**INCLUDES:** Casino bonus (\$10 Cash and \$5 Match Play), round trip transportation via luxury motor coach and driver's gratuity.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 5:30 p.m.

## JACKSON RANCHERIA, Jackson

**WHEN:** Wednesday, June 8, 2011

**COST:** \$33.00 per person

**INCLUDES:** Round trip transportation via luxury motor coach and driver's gratuity.

**DEPART:** 7:30 a.m. from Rengstorff Park

**RETURN:** Approximately 5:30 p.m.

## CRUISING THE BEST OF SCANDINAVIA

June 2 - 14, 2011

*Unpack just once for a 7-night cruise of the Norwegian fjords and visit the cities of Scandinavia.*

**FEATURING:** Stockholm, Vasa Ship Museum, 7-Night Fjord Cruise, Flam, Geirangerfjord, Bergen, Stavanger, Oslo, Copenhagen, Tivoli Gardens

**COST:** from \$4,849.00\*

## TRAINS OF THE COLORADO ROCKIES

September 7 - 15, 2011

*Traverse the Colorado Rockies as you journey through the beauty of nature with Alpine lakes, towering peaks, and rolling meadows at every turn.*

**FEATURING:** Denver, Rocky Mountain National Park, Georgetown Loop Railroad, Grand Junction, Colorado National Monument, Durango & Silverton Railroad, Durango Mesa Verde National Park, Royal Gorge Railroad, Colorado Springs, Pike's Peak Cog Railway

**COST:** Double \$2,399.00\*/Single \$2,999.00\*

## DISCOVER SWITZERLAND, AUSTRIA, AND BAVARIA

October 5 - 14, 2011

**FEATURING:** Bern, Chateau de Chillon, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria, Oberammergau, Tyrolean Folklore Show

**COST:** Double \$2,999.00\*/Single \$3,299.00\*

\* Price includes round-trip airfare. May not include single supplements, cancellation waiver, or insurance.

## SARATOGA LUNCHEON AND HAKONE GARDENS

**WHEN:** Thursday, May 26, 2011

**COST:** \$114.00 per person

**INCLUDES:** Enjoy a luncheon at Bella Saratoga followed by free time in downtown Saratoga. Then, tour Hakone Gardens, the oldest Japanese estate garden in the Western Hemisphere, followed by a Tea Ceremony and Kimono wearing demonstration.

**DEPART:** 11:00 a.m. from Rengstorff Park

**RETURN:** Approximately 5:00 p.m.



TRAVEL

## Monday

## Tuesday

## Wednesday

**NUTRITION PROGRAM** - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

4

10:30 Dancing, lunch room

11:45 Lunch Menu

Beef Stew  
Whole Grain Roll  
Garden Salad  
Sugar-Free Jello  
Pineapple

1:00 Big Bingo

5

7:30 Cache Creek Casino

11:45 Lunch Menu

Teriyaki Chicken  
Brown Rice  
Sautéed Asparagus  
Corn  
Orange

1:00 Movie: Secretariat

5:30 AARP Refresher Course

6

10:30 Line Dancing, lunch room

11:45 Lunch Menu

Breaded Cod  
Spanish Rice w/ Black beans  
Broccoli & Cauliflower  
Garden Salad  
Apricot

12:45 Bingo, lunch room

5:30 Movie: Secretariat

11

10:30 Dancing, lunch room

11:45 Lunch Menu

Linguini w/ Tuna & Peas  
Sautéed Fresh Broccoli & Carrots  
100% Fruit Juice

2:00 Hearing Screening

**VOLUNTEER APPRECIATION  
WEEK!**

A BIG THANKS TO ALL OUR  
IRREPLACEABLE VOLUNTEERS!

12

8:30 HICAP

9:15 Eyeglass Repair

10:30 Book Club - "Cutting for Stone"

11:45 Lunch Menu

Chef's Choice Turkey  
Whole Grain Muffin  
Black Bean, Corn, & Tomato Salad  
w/ Feta Cheese  
Corn Chowder & Orange

12:45 Workshop: The Red Hat Society

1:00 Movie: The Kids are All Right

13

9:00 San Jose State Hearing Screenings

10:30 Line Dancing, lunch room

11:45 Lunch Menu

B.B.Q. Chicken  
Pasta Salad w/ Veggies  
Cauliflower & Carrots  
Apple

12:45 Bingo, lunch room

5:30 Movie: The Kids are All Right

18

10:30 Dancing, lunch room

11:45 Lunch Menu

Mandarin Orange Chicken  
Brown Rice  
Oriental Veggies  
Green Salad  
Orange

2:00 Newcomers' Group

19

11:00 CSA Information + Referral

11:45 Lunch Menu

Salmon Fillet  
Brown Rice  
Steamed Spinach  
Minestrone Soup  
Pineapple

1:00 Movie: The Ghost Writer

2:30 Wii Bowling Workshop

20

10:00 Podiatry Screening

10:30 Line Dancing, lunch room

11:45 Lunch Menu

Beef Stroganoff  
Whole Grain Roll & Fruit  
Chilled Broccoli Salad

12:45 Bingo, lunch room

2:00 Senior Advisory Committee

2:30 Workshop: Mastering the Mouse

5:30 Movie: The Ghost Writer

25

10:30 Dancing, lunch room

11:45 Lunch Menu

Beef Stuffed Cabbage  
Brown Rice  
Potato Salad  
Sesame Parmesan Zucchini  
Mandarin Oranges

26

9:15 Eyeglass Repair

11:45 Lunch Menu

Chicken Asparagus  
Pecan Pasta  
Tossed Salad  
Tropical Fruit Cup

1:00 HICAP

1:00 Movie: Inception

3:30 Wii Bowling

27

10:30 Line Dancing, lunch room

11:45 Lunch Menu


Breaded Fish  
Wheat Roll  
Sautéed Cabbage/Carrots/Mushrooms  
Orange

12:30 Alzheimer's Screening

12:45 Bingo, lunch room

5:30 Movie: Inception



<div>Thursday</div> <div>Friday</div>		<div>Low-Fat</div> <div>Blueberry Bran</div> <div>Muffins</div>
<p>Also, visit the El Camino Health Resource Library on Thursdays at 11:00 a.m. in front of the Social Hall! Sudoku tips, the best new health articles, and health books to borrow!</p>	<p>1 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Mediterranean Fish Brown Rice Pilaf Broccoli &amp; Cauliflower Carrot Raisin Salad Fresh Fruit 1:00 Movie: From Paris with Love</p>	<p><b>INGREDIENTS:</b></p> <p>1 1/2 cups wheat bran 1 cup nonfat milk 1/2 cup unsweetened applesauce 1 egg 2/3 cup brown sugar 1/2 teaspoon vanilla extract 1/2 cup all-purpose flour 1/2 cup whole wheat flour 1 teaspoon baking soda 1 teaspoon baking powder 1/2 teaspoon salt 1 cup blueberries</p> <p><b>DIRECTIONS:</b></p> <p>1. Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or use paper muffin liners. Mix together wheat bran and milk, and let stand for 10 minutes.</p> <p>2. In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Beat in bran mixture. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt. Stir into bran mixture until just blended. Fold in blueberries. Scoop into muffin cups. Bake 20 minutes in the preheated oven, until lightly browned.</p> <p>3. Bake in preheated oven for 15 to 20 minutes, or until tops spring back when lightly tapped.</p> 
<p>7 8:30 Notary Service 10:00 VTA Transit Card Photos 10:30 Bookmobile 11:45 Lunch Menu Vegetable Lasagna Garlic Bread Brussels Sprouts Yogurt w/ Bananas 1:30 SALA Appointments</p>	<p>8 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Szechwan Chicken Brown Rice Sautéed Cabbage &amp; Carrots Green Salad Mandarin Oranges 1:00 Movie: Secretariat</p>	
<p>14 10:30 Bookmobile 11:45 Lunch Menu Salmon Stuffed Boats Couscous Swiss Chard Baked Tomato Peaches 1:00 Workshop: Afterlife Planning</p>	<p>15 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Glazed Baked Hawaiian Ham Whole Grain Roll Spinach &amp; Cheese Salad Black Bean Soup Tropical Fruit Cup Sugar-Free Pudding Celebrating April Birthdays w/ Birthday Cake 1:00 Movie: The Kids are All Right</p>	
<p>21 10:30 Bookmobile 11:45 Lunch Menu Chicken Pot Pie (vegetarian available) Confetti Coleslaw Banana 1:00 Workshop: Senior Stress 1:30 SALA Appointments</p>	<p>22 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Spaghetti w/ Meatballs Sautéed Fresh Broccoli Marinated Salad w/ Olives, Cucumbers and Red Bell Pepper Apple 1:00 Movie: The Ghost Writer</p>	
<p>28 10:30 Bookmobile 11:45 Lunch Menu Meatloaf w/ Gravy Whole Grain Bread Brussels Sprouts Garlic Mashed Potatoes Apple &amp; Sugar-Free Jello</p>	<p>29 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Chicken Cacciatore &amp; Pasta Spinach Fresh Fruit 1:00 Movie: Inception</p>	

The classes listed below occur periodically throughout the month.  
**PICK UP A CLASS GUIDE AT THE FRONT DESK**

to find out the dates for each class, as well as times, registration and other information.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:45 Adaptive Yoga	8:30 Community Quilting	9:00 Ceramics-Sm Sculpt	8:45 Adaptive Yoga	8:45 ESL-Beginning Low
8:45 ESL - Beginning Low	9:00 Drawing/Watercolor	9:00 Painting Club	8:45 ESL - Beginning Low	8:45 ESL - Intermediate
8:45 ESL - Intermediate	9:00 Income Tax Asst.	9:00 Meet the PC	8:45 ESL - Intermediate	9:00 Calligraphy
9:00 Creative Stitchery	9:30 Brown Bag	9:00 Intro to Internet	9:00 Ceramics- E, G, & F	10:00 Feldenkrais
9:00 Meet the PC	9:30 Speechreader	9:00 Income Tax Asst.	10:00 Qigong, Com Ctr	10:30 ESL -Beg. High
9:00 Intro to Internet	9:30 Strong for Life Sec A	9:30 Chorus	10:00 Stepping Strong	10:30 ESL -Adv. Low
10:15 T'ai Chi	10:30 Strong for Life SecB	10:00 Therapeutic Yoga	10:00 Trips Desk	10:30 Blood Pressure
10:30 ESL -Beginning High	11:45 Lunch	11:45 Lunch	10:15 Lifetime of S, E, & F	11:45 Lunch
10:30 ESL -Advanced Low	12:30 Spanish Conv.	1:00 Ceramics-Basic/Int.	10:30 Bookmobile	1:00 English Conv.
11:45 Lunch	1:00 Computer Help	1:00 Knitting/Crochet	10:30 ESL -Beginning High	1:00 Line Dancing
1:00 Computer Help	1:00 Karaoke	1:15 Orchestra	10:30 ESL -Advanced Low	1:00 Movie Matinee
1:00 Current Affairs	1:00 Low Impact Aerobics	2:00 Exercise Orientation	10:30 Zumba	2:00 Chinese Folk
1:00 Lifetime of S, E, & F	1:00 Movie Matinee	5:30 Evening Movie	11:00 Health Library	2:15 Square Dancing
1:00 Woodcarving	1:00 Workout/Broadway II	5:30 Qigong	11:45 Lunch	 <p>Remember! This grid does NOT reflect <b>start and end dates</b> of classes. The yellow class guide has all class information!</p>
1:30 Quiltmaking Tech.	2:15 Workout/Broadway I	7:00 Chinese Folk Dance	12:30 Memoirs	
2:30 T'ai Chi/Qigong	2:30 Chinese Chorus	7:00 Joy of Movement	1:00 Low Impact Aerobics	
3:30 Chronic Conditions	3:30 Wii Bowling		1:00 Figure & Portrait Draw	
6:30 Ikebana	5:30 Flowing Movement		1:00 Workout/Broadway II	
7:00 Social Dance Club	6:30 Exercise Orientation		1:30 Computer Help	
7:00 Chinese Folk Dance	7:00 Brain Gang		2:15 Workout/Broadway I	
	7:15 Belly Dancing		2:45 Beg. Social Dance	

**Registration for the classes that occur at our center takes place through the following agencies:**

**MV-LA, Mountain View Los Altos Adult Education**

Three options for registration:

1. Visit MV-LA at 333 Moffett Boulevard.
2. Call **(650) 940-1333** with your credit card available.
3. Visit their website at [www.mvlaae.net](http://www.mvlaae.net).

**DEANZA COMMUNITY COLLEGE**

Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information, you can call **(408) 864-5300**.

**VOLUNTEER**

These classes are free and there is no need to register. Please just attend.

**IN CLASS**

Register for these classes with the class instructor.

**GIVE US  
YOUR EMAIL**

If you would like to receive the *Senior Center Monthly Prime Time News Newsletter* via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!